

# Why feeling just 'alright' is not all right!

The RDA's (Recommended Daily Allowance's) are not enough for optimum health. There is a big difference between a lack of illness and the presence of wellness. Recent studies have consistently revealed that the healthiest individuals, meaning those with the fewest clinical signs and symptoms, were taking supplements and had diets rich in nutrients relative to calories. The researchers found that the intake of nutrients associated with optimal health was often ten or more times the RDA level.

Most people are being short changed on health, owing to inadequate intakes of vitamins and minerals. Multivitamins and Multiminerals have proven to boost immune, increase IQ, reduce birth defects, improve childhood development, reduce colds, stop PMS, improve bone density, balance mood, reduce aggression and depression, increase energy, reduce risk of cancer and heart disease and basically promote a long and healthy life.

Most people are putting up with 'feeling alright' – accepting the odd cold, headache, mouth ulcer, muscle cramp, bouts of PMS, mood fluctuations, poor concentration or lack of energy. We can do our best with our diets but in today's world our nutrient needs are far more demanding than when the RDA's were first set. RDA's were really set by governments to prevent deficiency diseases e.g scurvy; they are certainly not designed to ensure optimum health. Hence, why it is wise to include a multivitamin and multimineral to your daily intake. There are no downsides and as every year passes they have more and more proven benefits.



**Molloys Lifestyle Pharmacy** recognises this evidence and strives towards optimum health for everyone. We have developed a complete capsule for people who are concerned for their health. **ENERGY +** is a comprehensive multivitamin and multimineral formulated with 40 premium ingredients including vitamins, minerals, essential amino acid, essential fatty acids and their co-factors. These are so often lacking in modern diet. Taking just one tablet a day really makes a substantial difference.

Remember prevention is better than cure and modern healthcare is failing to provide true healthcare. For all our advances in drugs, surgical procedures and medical technology a man aged forty five in 2010 expects to live for 2 years longer than the same man in 1920 - until 74 instead of 72?? Something is wrong somewhere! It all seems to point towards nutrient intake.

We need to take our health into our own hands. If you have any further questions/concerns, why not visit **Molloys Lifestyle Pharmacy** and speak with our friendly staff who are more than happy to help in anyway they can.

Garden Street,  
Ballina,  
Co Mayo  
096 21375

Bunree Road,  
Ballina,  
Co Mayo  
096 60340

New Street,  
Ballaghaderreen,  
Co Roscommon  
094 9877520

The Harrison Centre,  
Roscommon,  
Co Roscommon  
0906 637604

Head Office  
Gdn. Court, Gdn. St.,  
Ballina, Co Mayo  
096 60072

[www.molloyspharmacy.com](http://www.molloyspharmacy.com)

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